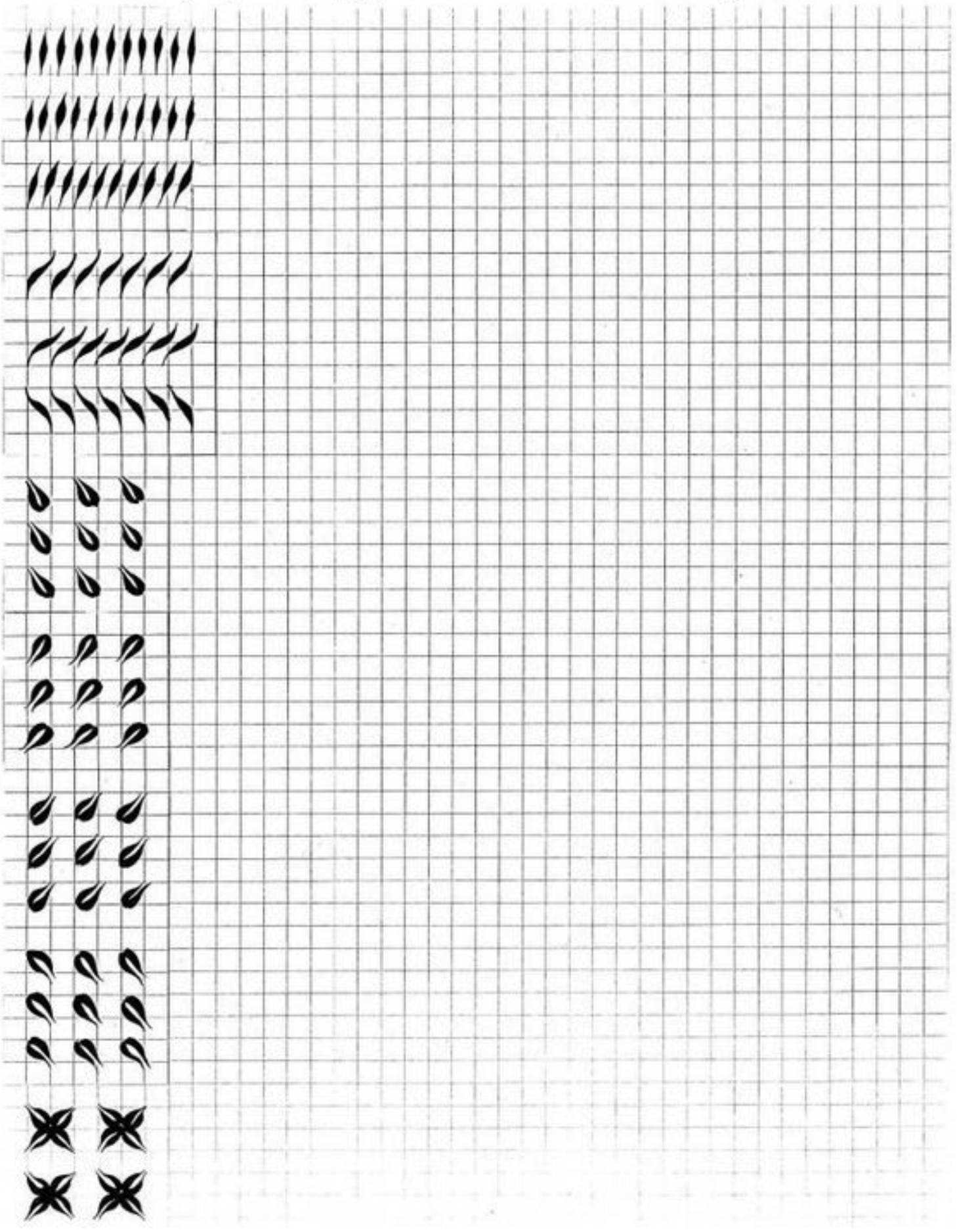ТРЕНУВАЛЬНА КАРТА №3